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Notice is hereby given pursuant to the requirements of section 403(r)(6)(21 U.S. C. 343(r)(6) of the Federal Food, Drug, and Cosmetic Act and in accordance with the requirements of 21 CFR 101.93, that Metagenics, Inc. with its principal place of business at 971 Calle Negocio, San Clemente, California 92673, (714) 366-0818, has commenced marketing the following dietary supplements bearing the following statement(s) on the label and/or in the labeling:

METAGENICS BRAND

Name of Supplement	Name of Ingredient or Supplement that is Subject to the Claim	Text of Claim
BIOPURE PROTEIN™	Whey Protein Concentrate	<p>It is ideal nutritional support for individuals who wish to add a high quality protein to their diet to help promote optimal health and well-being.</p> <p>The high concentrations of naturally occurring, bioactive immunoglobulins in BioPure Protein supports the immune system and are believed to promote health, efficient intestinal function.</p> <p>BioPure Protein has been developed specifically for people wanting to improve general health and support their immune system.</p> <p>It helps many users maintain and gain weight and is ideally suited to improve body compositions and lean muscle mass.</p>

BIO-ZYME™	Chymotrypsin; Trypsin	<p>Bio-Zyme is a proteolytic enzyme formula designed to support tissue health.</p> <p>Proteolytic enzymes function to help break down the bonds that hold protein molecules together.</p>
CAL-APATITE PLUS™	Calcium; Ipriflavone; Vitamin D	<p>Ipriflavone is a unique isoflavone derivative that helps support positive bone metabolism.</p> <p>Vitamin D, an essential nutrient for the maintenance of healthy bones, promotes intestinal calcium absorption and helps to regulate calcium homeostasis in the body.</p>
FEM SOOTHE™	Vitamin B6; Magnesium; Cramp Bark Root; Ginger Rhizome; Wild Lettuce Leaf; Dong Quai Root; Black Cohosh Root	<p>Supports uterine function during menses.</p> <p>A specialized blend of Eurasian and Native American herbal extracts such as cramp bark and black cohosh, herbs traditionally used to support uterine function during menses.</p> <p>Features the added benefits of magnesium to help support muscle relaxation and vitamin B6 to help support healthy hormone metabolism.</p> <p>These unique ingredients, combined with magnesium and vitamin B6, provide support for the uterus and associated tissues.</p>
MICROBEX®	Old Man's Beard; Grapefruit Seed Extract; Oregon Grape Root; Barberry Root Bark 4:1 Extract; Goldenseal Root 4:1 Extract; Cat's Claw Vine	<p>Herbal formula to support intestinal health.</p> <p>A specially formulated blend of select herbs and herbal extracts that have traditionally been used to support a healthy intestinal environment.</p>

ETHICAL NUTRIENTS BRAND

Name of Supplement	Name of Ingredient or Supplement that is Subject to the Claim	Text of Claim
CHYMOZYME™	Chymotrypsin; Trypsin, Raw pancreas concentrate	<p>Designed to support normal tissue formation.</p> <p>Proteolytic enzymes function to help break down the bonds that hold protein molecules together.</p>
FUNCTIONAL GREENS®		Provides excellent nutritional support for general health and well-being.
HEART GLANDULAR PLUS™	Taurine; Magnesium; Potassium; Calcium; Raw Heart Concentrate; Selenium; Chromium; Hawthorn berry; Gentian; Green Pea Concentrate	A unique blend of mineral aspartates, raw heart concentrate, taurine and specialty herbs, including Hawthorn berries designed to provide nutritional support to the cardiovascular system.
STRESS RESCUE™	Rehmannia root; Schisandra fruit; Jujube fruit; Dong quai root; Asparagus root; Ophiopogon root; Scrophularia root; Codonopsis root; Salvia root; Poria Sclerotium; Polygala root; Platycodon root	<p>Herbal stress formula.</p> <p>A classic combination of select Chinese herbs traditionally used to promote inner peace.</p> <p>This ancient stress formula is believed to bring balance and harmony to the body and to help fend off the effects of daily stress.</p> <p>“Nourish the heart” and “maintain a calm spirit,” using Stress Rescue from Ethical Nutrients, a classical Chinese stress formula.</p>
5 Branches™	Peony & Turmeric Combination	<p>Liver/Gallbladder support.</p> <p>Traditionally used to balance the energy (ch'i) of the liver and abdominal area.</p>

		This time-honored traditional Chinese formula is designed to balance the energy (ch'i) of the liver and digestive system.
6 Immortals™	Rehmannia & Cornus Combination	Generates vital moisture. This time-honored formula is designed to nourish and support kidney "yin," the "water element" of the body.
8 Treasures™	Dong Quai & Codonopsis Combination	Menstrual & Post-Menstrual Formula Traditionally used to support a healthy, normal menstrual cycle.
Central Palace™	Poria & Pueraria Combination	Stomach support formula. Traditionally used to support normal, healthy digestive function
Gentle Night™	Polygala & Zizyphus Combination	Promotes inner peace. The formula in Gentle Night has been traditionally used to quiet the heart and maintain a calm spirit.
Golden Crane™	Eucommia & Cinnamon Combination	Joint mobility support. Traditionally used to help promote the flow of ch'i through the joints. The combination of herbs in this formula have been traditionally used to build and circulate the "ch'i" to the joints, encouraging healthy movement.
Great Dragon™	Astragalus & Dipsacus Combination	Promotes vital heat and ch'i. Traditionally used to promote kidney yang and ch'i. The herbs in this formula are believed to build "ch'i," promoting normal warmth and energy production.

Jade Empress™	Bupleurum & Peony Combination	<p>Premenstrual Support.</p> <p>This formula has been traditionally used to support liver function as a means of providing premenstrual support.</p> <p>Traditionally used to “open” the liver and promote liver harmony.</p>
Supreme Ch’i™	Codonopsis & Hawthorn Combination	<p>Supports normal digestion.</p> <p>Traditionally used to support healthy digestive function.</p> <p>This formula contains a combination of herbs that have been traditionally used to support the normal breakdown of foods and utilization of the nutrients found in those foods.</p>
Purge Fire™	Gentian & Gardenia Combination	<p>Supports healthy liver detoxification.</p> <p>Traditionally used in China to support and balance the liver meridian.</p> <p>A time honored formula that has been traditionally used to help support the liver's role as a purifier or filter of the blood.</p>
Serene Shen™	Schisandra & Scrophularia Combination	<p>Herbal stress formula.</p> <p>Traditionally used to help the body adapt to stress.</p> <p>In China, the formula in Serene Shen is used to bring calm to a troubled “shen” or spirit.</p>
Silver Crane™	Stephania & Achyranthes Combination	<p>Joint support during wet weather.</p> <p>Traditionally used to promote “balance” during wet and windy weather.</p> <p>The combination of herbs in</p>

		this formula is designed to circulate “ch’i” and to help maintain healthy joints in especially damp or humid weather.
Smooth Passage™	Persica & Rhubarb Combination	<p>Bowel Regularity formula.</p> <p>Supports bowel regularity.</p> <p>Traditionally used to help maintain normal stool softness and bowel regularity.</p> <p>Designed to help maintain normal stool moisture content and normal stool softness..</p>
Wind’s Gate™	Lonicera & Forsythia Combination	<p>First defense formula.</p> <p>Traditionally used to promote well-being.</p>

METABOTANICA BRAND

Name of Supplement	Name of Ingredient or Supplement that is Subject to the Claim	Text of Claim
FENUGREEK PLUS™	Fenugreek Seed; Bitter Gourd Fruit; Gymnema Leaf Extract	<p>Features concentrates of three highly valued herbs, traditionally used to support healthy blood sugar metabolism.</p> <p>These herbs are among the leaders in providing natural support for healthy glucose metabolism.</p>
LICORICE PLUS™	Licorice Root Extract; Ashwagandha Root Extract; Rehmannia Root; Chinese Yam Root	<p>Adrenal support formula.</p> <p>Licorice is an herb with an unparalleled reputation for promoting health and longevity. Its ability to support adrenal hormone metabolism is associated with one of the herb's key components, glycyrrhizic acid.</p> <p>Ashwagandha, often referred to as "Indian ginseng" is an Ayurvedic herb with renowned adaptogenic properties.</p> <p>Chinese yam and rehmannia are traditionally used to tonify kidney "yin" and are associated with health and vitality.</p> <p>An herbal adaptogen complex designed to support adrenal and immune function.</p>
SINUPLEX™	Ephedra Leaf; Turmeric Rhizome; Ginger Rhizome; Licorice Root; Feverfew Herb	<p>Herbal formula to support respiratory function.</p> <p>Features a balanced blend of ephedra, an herb traditionally used to support respiratory function, with the complementary herbs</p>

		turmeric, ginger, licorice, and feverfew for added support.
TCB 1™	Eucommia & Cinnamon	<p>Joint mobility support.</p> <p>Eucommia and Cinnamon combination has been traditionally used to help promote the flow of ch'i through the joints.</p>
TCB 2™	Stephania & Achyranthes	<p>Joint support during wet weather</p> <p>Traditionally used to promote "balance" during wet and windy weather.</p>
TCB 3™	Schizandra & Scrophularia	<p>Herbal Stress Formula.</p> <p>Traditionally used to help the body adapt to stress.</p> <p>According to Chinese herbal tradition, the herbs in this formula help to harmonize and nourish the kidney and heart.</p>
TCB 4™	Astagalus & Dipsacus	<p>Promotes vital heat & ch'i.</p> <p>Traditionally used to promote kidney yang and ch'i.</p>
TCB 5™	Peony & Turmeric	<p>Liver/Gallbladder support</p> <p>Traditionally used to balance the energy (ch'i) of the liver and abdominal area.</p>
TCB 6™	Poria & Pueraria	<p>Stomach support formula.</p> <p>Traditionally used to promote healthy digestive function.</p> <p>Designed to nourish and harmonize the normal downward flow of energy (ch'i) within the stomach channel or meridian.</p>
TCB 7™	Rehmannia & Cornus	<p>Generates vital moisture.</p> <p>Traditionally used to nourish kidney yin.</p>
TCB 8™	Dong Quai & Codonopsis	Post-menstrual formula.

		<p>Traditionally used to support female health.</p> <p>Traditionally used to support healthy blood and the circulatory system.</p>
TCB 9™	Gentian & Gardenia	<p>Supports healthy liver detoxification.</p> <p>Traditionally used to support and balance the liver meridian.</p>
TCB 10™	Codonopsis & Hawthorn	<p>Supports normal digestion.</p> <p>Traditionally used to support healthy digestive function.</p>
TCB 12™	Polyala & Ziziphus	<p>Promotes inner peace.</p> <p>Traditionally used to “maintain a calm spirit and quiet the heart.”</p> <p>The herbs in this formula are thought to help balance the flow of energy through the heart.</p>
TCB 13™	Persica & Rhubarb	<p>Bowel Regularity Formula.</p> <p>Traditionally used to help maintain normal stool softness and bowel regularity.</p> <p>Provides gentle, non-cathartic, and non-purgative support for the lower colon ch'i.</p>
TCB 14™	Tricosanthes	<p>Traditionally used to support carbohydrate metabolism.</p> <p>May help balance the flow of energy through the meridians of the lung, spleen, and heart.</p>
TCB 16™	Lonicera & Forsythia	<p>First Defense Formula.</p> <p>Traditionally used to promote well-being.</p>

METAPHARMA BRAND

Name of Supplement	Name of Ingredient of Supplement that is Subject to the Claim	Text of Claim
MENOBALANCE™	Rutin; Vitamin C; PABA; Pantothenic Acid; Vitamin B6; Vitamin E; Black Cohosh Root; Chinese Gentian Root; Chasteberry Fruit; Valerian Root; Motherwort Herb; Licorice Root	<p>Natural menopausal support.</p> <p>The formula is prepared with traditional herbal extracts and antioxidant vitamins C and E to support balance during menopause and help maintain cardiovascular health, along with specially selected herbs and B vitamins that support the adrenal glands' adaptive response.</p> <p>The formula features the significant phytonutrient benefits of black cohosh extract, circulatory support from the flavonoid, rutin and the peaceful influence of valerian, motherwort and vitamin B6.</p> <p>Provides nourishment for the mid-life woman or those who desire increased phytoestrogen intake.</p> <p>Unique features include:</p> <ul style="list-style-type: none">- Nutrients that support the adrenal glands' adaptive response.- The significant phytonutrient benefits of black cohosh extract.- Cardiovascular support from vitamin E.- The peaceful influence of valerian, motherwort, and vitamin B6.
MENSTRELAX™	Vitamin B6; Magnesium; Cramp Bark Root; Blue Cohosh Root; Wild Lettuce Leaf; Dong Quai Root	<p>A specialized blend of Eurasian and Native American herbal extracts such as cramp bark and black cohosh, herbs traditionally used to support uterine function during menses.</p>

		<p>These unique ingredients, combined with magnesium and vitamin B6 provide support for the uterus and associated tissues.</p> <p>This unique herbal formula features the added benefits of magnesium to help support muscle relaxation and vitamin B6 to help support health hormone metabolism.</p>
SELECT C-500™	Vitamin C	<p>Supports immune function by promoting increased natural killer cell activity and increased white blood cell movement to the site of action.</p> <p>In addition to its immune support function and well-known antioxidant properties, vitamin C is essential for the production of collagen and connective tissue.</p>
SELECT C-1000™	Vitamin C	<p>Supports immune function by promoting increased natural killer cell activity and increased white blood cell movement to the site of action.</p> <p>In addition to its immune support function and well-known antioxidant properties, vitamin C is essential for the production of collagen and connective tissue.</p>

THE UNDERSIGNED CERTIFIES THAT THE INFORMATION CONTAINED IN THIS NOTICE IS COMPLETE AND ACCURATE AND THAT METAGENICS, INC. HAS SUBSTANTIATION THAT THE STATEMENTS CONTAINED HEREIN ARE TRUTHFUL AND NOT MISLEADING.

April 12, 1999

BY: Kim Krumhar
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